



# EGGS OVER KALE AND SWEET POTATO GRITS

A modern twist on a Southern classic, this baked breakfast dish features eggs and grits with sweet potatoes and kale.

**Preparation time:** 45 minutes

**Serves:** 4

## INGREDIENTS:

- 1 large sweet potato (orange flesh)
- 2 cups fresh kale, chopped
- 1 tbsp vegetable oil, divided
- 1½ cups water
- 1 cup non-fat milk
- ¾ cup grits, quick cooking
- ¼ tsp salt
- 4 eggs

## DIRECTIONS:

1. Preheat oven to 350 °F
2. Coat 4 individual soufflé dishes with 1 tsp vegetable oil.
3. Make 3-4 slits in sweet potatoes; cook in microwave until just soft. When cool enough to handle, peel, cut into chunks, and puree in food processor.
4. Heat remaining vegetable oil in sauce pan, and sauté kale about 5 minutes.
5. In a medium sauce pan, boil water and milk, add grits and sweet potatoes; cook for 5 minutes. Remove from heat; stir in sautéed kale.
6. Divide grits mixture evenly among 4 soufflé dishes (or place all in casserole dish). Make 4 depressions in the grits mixture with the back of a large spoon. Carefully break one egg into each hollow. Bake uncovered for 30 minutes until eggs are cooked. Let cool 10 minutes before serving.

## Serving Suggestions:

Serve with an 8 oz glass of 100% grapefruit juice (regular, not pink).



Food Group Amounts	
Dairy	¼ cup
Fruits	--
Vegetables	½ cup
Grains	1 oz
Protein	1 oz

Nutrition Facts	
Serving Size (225g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 280</b>	<b>Calories from Fat 80</b>
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol 185mg</b>	<b>62%</b>
<b>Sodium 410mg</b>	<b>17%</b>
<b>Total Carbohydrate 38g</b>	<b>13%</b>
Dietary Fiber 4g	16%
Sugars 7g	
<b>Protein 12g</b>	
Vitamin A 280%	Vitamin C 40%
Calcium 15%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Recipe Submitted by Produce For Better Health Foundation



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